



As the school year draws to a close, excitement and distractions can lead to lapses in safety. Whether you're a student, teacher, or school staff member, it's important to stay mindful of key safety practices.

### WALK DON'T RUN.

 Even though it's an exciting time, remember to walk in the halls and on the playground. We don't want anyone slipping or falling! We get it - the energy is high! But running or roughhousing in the halls or between classes can lead to accidents. Stay calm, stay safe.

#### BE SAFE ON THE BUS

 Whether you ride the bus or get picked up, remember to follow the rules. Use your quite voice, stay seated, and be respectful to your bus driver and classmates. That way, everyone gets home safely.

#### STAY COOL AND DRINK WATER

 As temperature rise, encourage hydration and schedule outdoor activities with weather in mind. Watch for signs of heat exhaustion or dehydration, especially during field days or outdoor events. Bring a water bottle, wear sunscreen, and take breaks if you're feeling hot or dizzy.

## FIELD TRIP AND EVENT SAFETY

 Review emergency procedures with students and chaperones before any trip.
 Ensure all permission forms, medical info, and contact details are up to date. It's about keeping everyone safe - and making sure the trip goes smoothly.

## BE KIND AND SMART ONLINE

 You might be posting more this time of year - class pics, goodbye messages, and summer plans. Just remember: once it's online, it's out there. Think before you post, and be kind with your words.
 Kindness counts everywhere, even online.

### **CELEBRATIONS AND SUPERVISION**

- School parties and celebrations should be supervised and follow set rules.
- Avoid unsupervised gatherings where injuries or conflicts could occur.

## EMOTIONAL WELL-BEING

- Some students may feel anxious or emotional about transitions-graduating, changing schools, or home issues.
- Encourage open communication and connect students with counselors if needed.

For Graduating Students
Don't Let Your Guard Down
We know the rules can feel more relaxed
right now – but that's exactly when
accidents happen. Stay focused in class,
follow campus rules, and be mindful of your
surroundings.



Travel Smart
Whether you're driving, riding the bus, or getting picked up — stay
alert. No speeding through the parking lot, no texting while walking or
driving. A few seconds of attention can prevent serious problems.

♦ Stay Healthy in the Heat Outdoor events, field days, and graduation practice can take a toll. Stay hydrated, wear sunscreen, and don't push past your limits. Passing out from heat exhaustion isn't a fun way to end the year.

Be Mindful with Social Media Posting year-end photos and videos? Make sure they're respectful and appropriate. The internet doesn't forget – and colleges, jobs, and others do notice.

Sireld Trips & Senior Activities = Responsibility
These aren't free-for-alls. Show up on time, follow expectations, and represent yourself (and your school) well. You're earning trust — don't throw it away.

© Check in on Your Mental Health Endings can be exciting — but also emotional. Graduation stress, changes in friend groups, and uncertainty about the future are real. Don't ignore it. Talk to someone — a teacher, counselor, or trusted adult.

Finish Strong
It's tempting to coast through the last weeks. But your effort still matters — for your GPA, your habits, and your future goals. Keep showing up, keep pushing forward.

You've come this far – finish with confidence, integrity, and care.

# Let's Celebrate!



SAFETY PATROL WOLUNTEERS FOR DOING AWESOME JOB!

